Ground Beef Burger and Noodles *

* This dish can be easily made with gluten free noodles.

Another version of a classic ground beef recipe. Perfect for eating soon after dental work is done, or with a mouth infection. Easy to swallow when too tired to chew. This is also a good travel dish, whether you take in insulated soup containers or make it in a hotel kitchen. It's also one I like for picnics on the patio. This dish can be served on rice instead of noodles. Vegetable mixtures can be added for color, taste, and texture. Most common would be peas, carrots, and squash. Mushroom soup sauce as a topping adds flavor and texture.

Pre Cook Preparation:
- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir

Meal Adaptations:

Physical Accommodations:
- Can be baked in the oven by baking the meat and noodles separately and then combining them together
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:
- Color contrasting bowls

Potential Food Allergy or Intolerance:
- Beef
- Mushrooms
- Pepper
- Spices
- Turkey

Meatless Preparation Avoid:
- Beef
- Turkey
- Substitute with: _____

Utensils:

- Can opener
- Pot holders
- Pan:
  - Large 8 inch frying pan for meat
  - 1 one 3 quart sauce pan for noodles

Ingredients:

Meat: Choose 2 pounds of:

- Ground beef, or
- Turkey burger

Vegetables:

- 15 ounces of carrots
- 15 ounces of peas
- Optional:
  - 4 ounces of mushrooms

Other ingredients:

- Dash of salt
- Spices such as pepper to taste
- 1/4 cup of water
- Optional:
  - Mushroom soup (gluten free)

Preparation time: 2 minutes

Preparation:

Noodles:

1. Boil water in a 3 quart sauce pan for gluten free noodles.
2. Once the noodles are added, stir frequently, keeping heat near, or below medium.
3. Drain noodles.

Meat:

1. Add meat to the frying pan,
   Turkey burger may need vegetable oil to fry without burning.
2. Cook on medium heat.
3. Once the meat is browned, add:
   Carrots
   Peas
   1/4 cup water
4. Bring to a boil, stirring frequently.
5. Once it reaches a boil lower the heat, allow to simmer, stirring occasionally.

Combine:

1. Spoon out noodles, and top with:
   Burger
   Carrots
   Peas

   Note: For leftovers, add a little water so the noodles don't dry out.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.